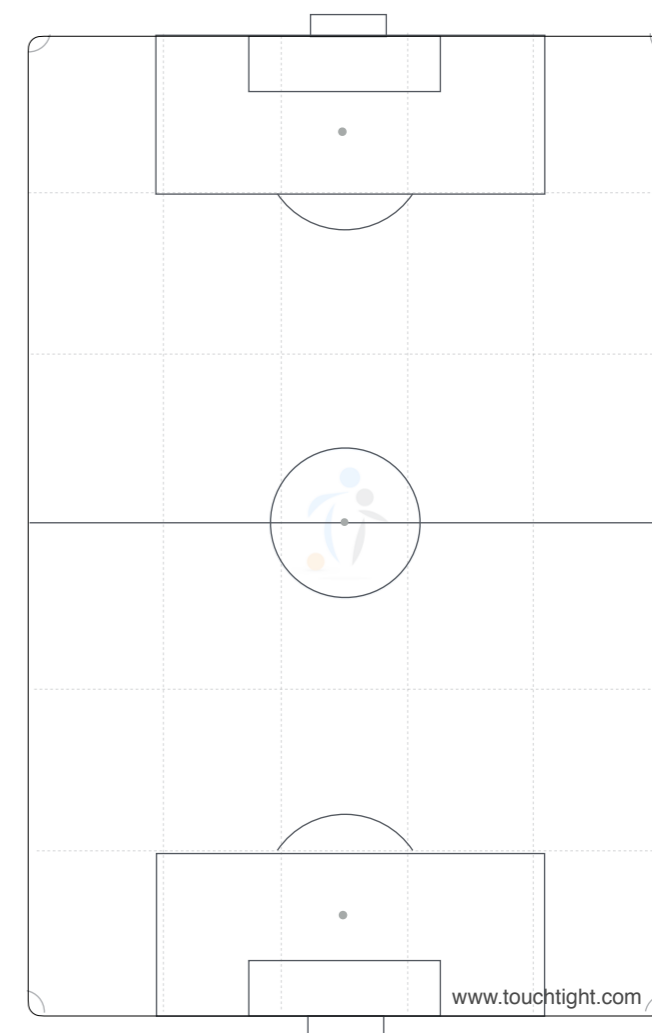
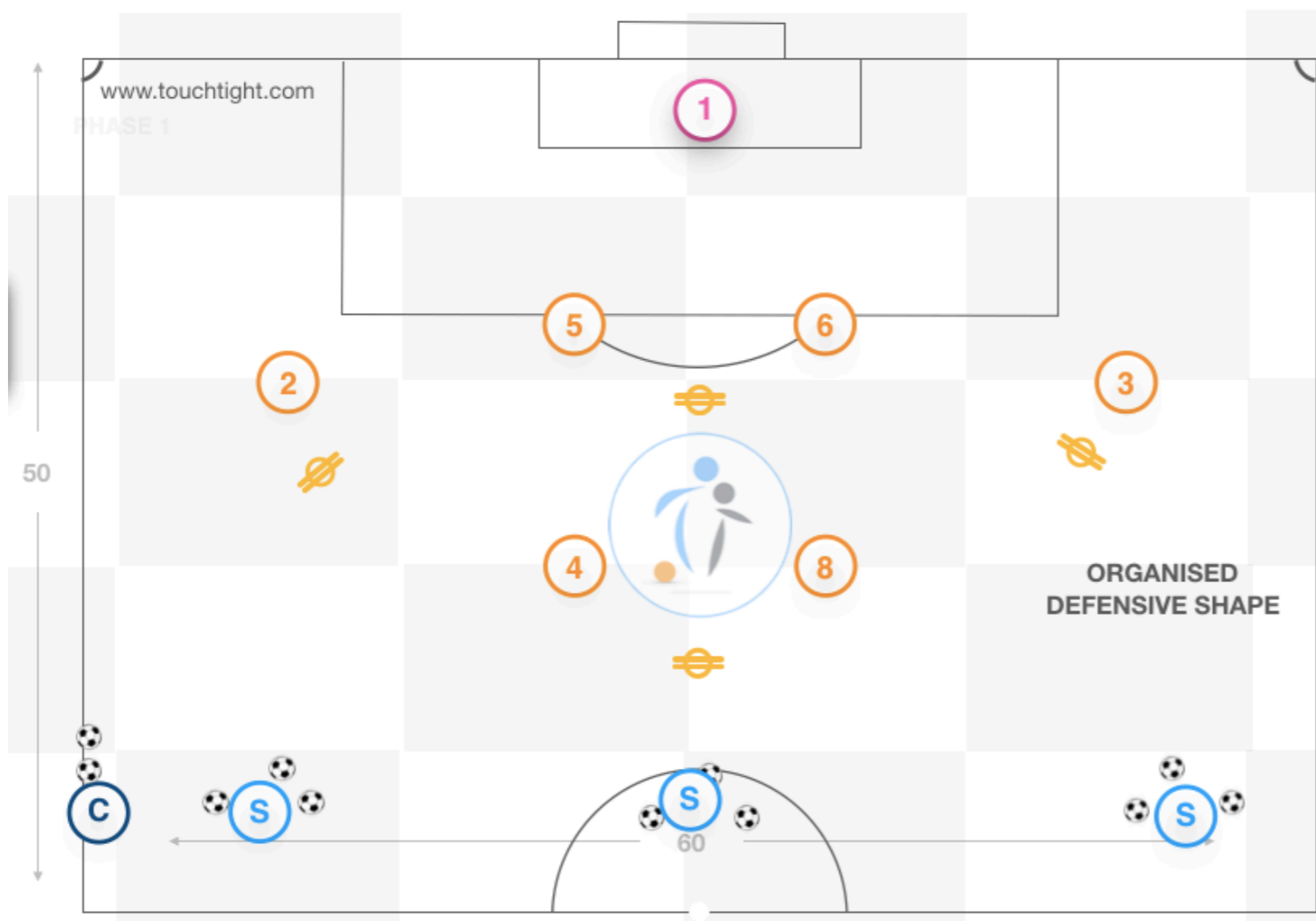




Type: Patterns Of Play Practice

Area:

Team Objectives:



Set up / Organisation:

- Operate in half a pitch with 6 players working in a shadow play, working off positions of cones/balls on the pitch and to the delivery of balls from servers
- With players set up as a back 4 and 2 central midfielders, players are encouraged to move and react realistically to coaches' number calls 1 to 6 (number of cones) and to 1 of 3 server deliveries.
- This could be a pass into feet or high delivery for defenders to react to. This is an effective practice for defender cohesiveness and player to player understanding.

Key Coaching Points:

- How quickly can you react to coach calls and server delivery?
- Can you communicate to the person next to you and in front of you during unit press/drop?

Progressions / Constraints:

- Servers can now pass between themselves encouraging circulation of the ball for defenders.

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Questions & Notes:

- How does defensive shape change and could you improve this shape?
- How can you help your teammate who has to deal with delivery? What is your positioning/defensive role?

Work / Rest Ratio:



mins



sets

Session Date:

Team:

Coach:



Session Objective/s:

Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

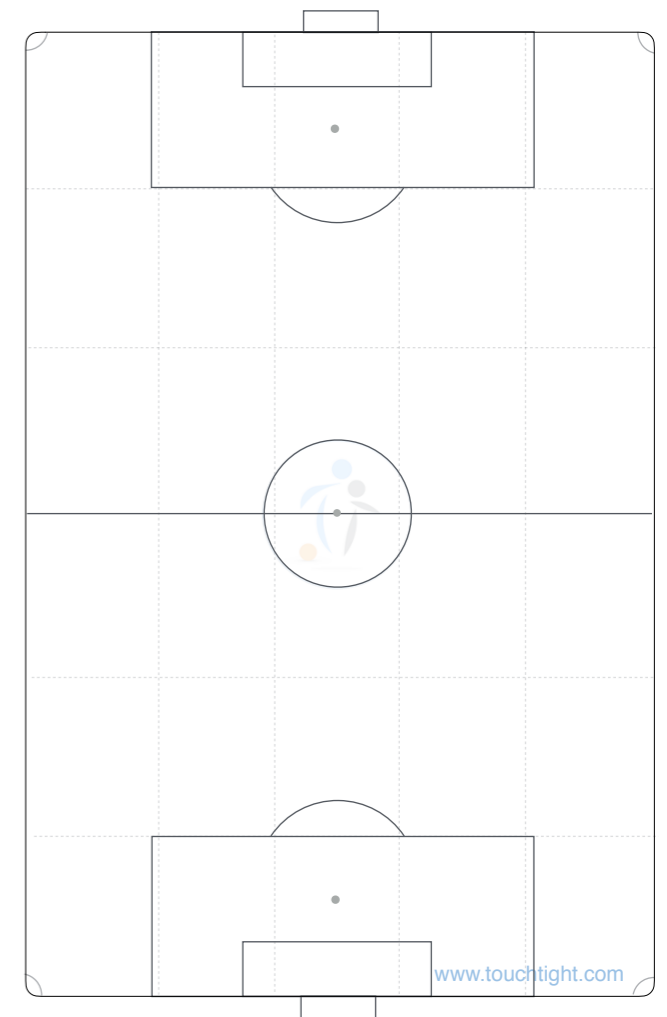
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



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Big Game Question
How will we apply this session to a game situation?

